

Concussion Policy Information and Sign-off

(Adapted from the CDC and the 3rd International Conference on Concussion in Sport Document created 7/1/2011)

A concussion is a brain injury. It is caused by a bump, blow or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. A concussion can range from mild to severe and disrupt the way the brain normally works. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. Even a “ding” or a bump on the head can be serious. You can’t see a concussion and most concussions occur without loss of consciousness. Signs and symptoms of a concussion may appear right after the injury or take hours or days to fully appear. If your child reports any symptoms of a concussion, or if you notice the symptoms or signs of a concussion, seek medical attention right away.

Symptoms Reported by Athlete:	Signs Observed by Others:
Headache Nausea Balance problems or dizziness Blurred, double or fuzzy vision Sensitivity to light or noise Fogginess or grogginess Drowsiness or sluggishness Concentration or memory problems Confusion	Loss of consciousness Appears dazed Clumsiness Slowly responds to questions Slurred speech Behavior or personality changes Can’t recall events prior to or after injury Confused about instructions/assignment Unsure of what they are doing Seizures Vacant facial expression

What can happen if my child keeps on participating with a concussion or returns too soon?

An athlete with the signs/symptoms of a concussion should be removed from activity immediately. Continuing to participate with the signs/symptoms of a concussion leaves athlete vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after a concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. Athletes sometimes fail to report injury symptoms. Concussions are no different. Education of coaches, parents and football players and cheerleaders is the key to the safety of the athlete.

Return to Play (RTP) Policy

Any athlete suspected of suffering a concussion should immediately be removed from all activity. No athlete may return to activity after a concussion without medical clearance, regardless of how mild it seems or how quickly symptoms clear. Close observation of the athlete should continue for several hours. MYAA

is keeping in accordance with Public Act 097-0204. All IHSA member schools are required to follow this policy as well.

For current and up-to-date information on concussions you can go to:

<http://www.cdc.gov/ConcussionInYouthSports/>

Inform the adult coach or a board member if you think your child may have a concussion. It is better to miss one game or practice than to miss the entire season. "When in doubt, the athlete sits out."

Your signature, below, indicates that you have read the information above and are aware of MYAA's concussion policy. Both signatures are required before the athlete will be permitted to participate.

Name of Athlete

Athlete Signature

Date

Name of Parent/Guardian

Parent/Guardian Signature

Date